











## Walk to Health 2015 Sponsors

## Week 4 - Maximum Heart Rates

Thirty minutes of moderate physical activity is recommended five times a week by the Centers for Disease Control & Prevention (CDC). Maximum heart rate is based on a person's age according to the CDC. An estimate of a person's maximum age-related heart rate can be obtained by subtracting the person's age from 220.

As an example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as 220 - 50 years = 170 beats per minute (bpm).

For <u>moderate-intensity physical activity</u>, a person's target heart rate should be 50 to 70% of their maximum heart rate. (using our example)

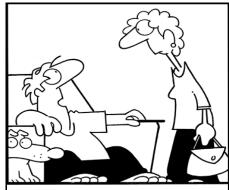
50% level: 170 x .50 = 85 bpm 70% level: 170 x .70 = 119 bpm

For vigorous-intensity physical activity a person's target



## **Co-Sponsor**





"I did a 30-minute workout today: 15 minutes looking for my sneakers, 10 minutes looking fo my sweat pants and 5 minutes on the treadmill.